

August Senior Center Gazette 2006



**Friday, August 11
1:30 p.m. Birthday Party**
Entertainment by
Shirley Dougarian
A lovely singer
& music instructor

Join in the singing and music of our August Birthday Party. Even if August is not your birthday month, come to enjoy the fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served. Prizes will be awarded in a drawing to August birthday Seniors.

Fremont Heritage Tours

With Tour Guide, Al Minard
\$15 price includes a box lunch
Sign up at the Office.
Centerville & Mission San
Jose/ Warm Springs
Friday, Aug. 25, 10-4 pm
Niles & Irvington
Monday, Oct. 2, 10-4 pm

NEW CARPET COMING!
Lobby & Nurse's Office
Closed for carpet Nov. 14
Wing B & Pool Room
Closed for carpeting on
August 15 & 16

DID YOU KNOW?

The universal sign to say "I am choking!" is to put both hands grasping your throat as if you were trying to strangle yourself. Ask a staff member about helping someone who is choking. You may be able to save your life or someone else's by knowing this Universal Sign.



COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

EASYBRIDGE!

A special beginners-level
instructional bridge game
Starting Tuesday, Sept. 12
6:30-9:30 pm
First 4 weeks of games &
instruction are free! After
that, only \$7.

Taught by Jim Solomon
ACBL Life Master,
ACBL-certified Bridge Director
ACBL-accredited Bridge Instructor
Sign up in the Office

INVESTING FOR MATURE INVESTORS

By Drew Thompson
of Edward Jones
Five session class,
back by popular demand!
Starts Monday, September 10
2:30-4:30 pm

No charge for an educational class on
how to manage your money, different
types of investments, and what to look
for in choosing people to work with. A
text notebook is included. Please sign
up at the Senior Center Office.

Check Out Summer Senior Center Day Trips

**Aug. 2: The Gardens of Golden
Gate Park with Craig Smith,
Beach Chalet Lunch & Murals**

Sept. 27: Stuck on Roses!
Tours Mrs. Grossman's Sticker
Factory (the best scrap booking
place ever!) & glorious Russian
River Rose Company with over
600 varieties of roses.

Senior Center Trip Meeting Weds, August 9, 1:30 pm

Collette Vacations
2007 Trips
San Antonio Getaway
Heritage of America including
New York, Washington, DC
Williamsburg & Philadelphia
Islands of New England
Discover Scotland

**Day Trips 2007 Meeting
Friday, September 8, 10 am**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.